



WELLNESS WEEKLY

MARCH 24, 2014

MARCH IS...

- ◆ National Sleep Awareness Week (3/2 - 3/9)
- ◆ National Pulmonary Rehabilitation Week (3/9 - 3/15)
- ◆ National Nutrition Month
- ◆ National Colorectal Awareness Month
- ◆ American Diabetes Alert Day (March 25)

What is a CSA?

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare produce will be delivered directly to your office. Site coordinators help organize and facilitate each drop-off site. Come to one of the information sessions to learn more about how you can receive a free box each week by organizing a drop off at your work location.

**ALL WELLNESS EVENTS
ARE FREE & OPEN TO ALL**

BALTIMORE CITY

EMPLOYEES.

For more information

contact Lisa Evans at

wellness@baltimorecity.gov

Phone: 410 396-3872



This Week's Events:

Event	Date	Location	Time
Nutrition: Just the Basics	Mar. 25	The Department of Human Resources 201 E. Baltimore Street, 5th Floor (across from Benefits Division) Room 5A Registration Required: www.cityofbaltimorewellness.com	12:00-1:00 p.m.
Healthy Nutrition Cooking Demonstration	Mar. 26	The Abel Wolman Building 200 N. Holliday Street Baltimore, MD 21202 (Room 7) Registration Required: www.cityofbaltimorewellness.com	12:00-1:00 p.m.
CSA Farmshare Site Coordinator Information Session	Mar. 26	Department of Planning 417 E. Fayette St., 8th Floor Baltimore, MD 21202 RSVP to: joanna.winkler@baltimorecity.gov	12:00-1:00 p.m.
Healthy Nutrition (information table in the Rotunda)	Mar. 27	City Hall 100 N. Holliday Street Baltimore, MD 21202	12:00-2:00 p.m.
Healthy Nutrition (information table in the lobby)	Mar. 28	The Benton Building 417 E. Fayette Street Baltimore, MD 21202	12:00-2:00 p.m.

Coming Soon:

Event	Date	Location	Time
"COB Walk" in support of National Walking Day	Apr. 2	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 (No Registration required)	12:00-1:00 p.m.
CSA Farmshare Site Coordinator Information Session	Apr. 4	Department of Planning 417 E. Fayette St., 8th Floor Baltimore, MD 21202 RSVP to: joanna.winkler@baltimorecity.gov	12:00-1:00 p.m.
Baltimore Bike Rides (weekly)	Apr. 4 - Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 Registration Preferred: www.cityofbaltimorewellness.com	12:00-1:00 p.m.

What is ALERT DAY?

The American Diabetes Association "Alert Day" is a one-day "wake-up call". ADA asks the public to take the **Diabetes Risk Test** to find out if they are at risk for developing type 2 diabetes.

Alert Day runs March 2 through April 25, 2014.

RISK FACTORS

- ◆ Obesity
- ◆ Physical Inactivity
- ◆ Over the Age of 45

DIABETES IS ALSO MORE COMMON IN:

- ◆ African Americans
- ◆ Hispanics & Latinos
- ◆ American Indians
- ◆ Alaska Natives
- ◆ Asian Americans
- ◆ Pacific Islanders

Studies have shown that type 2 diabetes can be avoided by losing weight and becoming more active. Action steps include making healthy food choices and being active at least 30 minutes, five days a week. If left untreated, diabetes can lead to health problems including heart disease, stroke, blindness, kidney disease, amputation, and even death.

If you are at risk visit www.Diabetes.org/RiskTest to take this important test.

This information provided by The American Diabetes Association and is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.

The Wellness Program has NEW Give-aways for Wellness Activity Participants